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# Suffering With Pain This Summer?

## 3 VERY COMMON Injuries & Why They SCARE You to Death!

Here's How You May Get Out of PAIN Fast & Get Back to the Fun! ...But Don't Miss This Limited-Time COMPLIMENTARY Offer—7 Days Only!

### Summer Injuries Are a Different Animal!

The PAIN is bad enough. But then you miss out on everything you had planned—the games with the kids, the projects you were finally going to do, and just kicking back. But that's not all. You try to keep going—or ignore the pain—and instead, it gets worse! You get discouraged—even depressed!! But get rid of the PAIN and you can set everything straight. So here's what to do about the nastiest summer aches and injuries, starting with the *third* worst:

#### Injury #3: Wrenching Your Low Back!

Sharp, stabbing, shooting—that's how people describe the pain when they swing the bat, open the camper or yank out that last nasty weed—and WHAM!! But that's only the beginning—because the spasm, stiffness and fire down the leg are right behind. And, seeing other folks in pain, you never realized how bad it could be—all the time you were wondering if they weren't exaggerating a bit. But now you know what it's like. Now you can't:

- **TURN OVER** in bed at night
- **TIE** your own shoes
- **PICK UP** a bag of groceries
- **LEAN FORWARD** at the sink
- **REACH UP** in the cupboard
- **PLAY** with the grandkids

Yet sometimes it doesn't happen with a bang—sometimes it sneaks up on you like a cat on a bird...little by little...at first there's only a tell-tale twinge. Then you're sore and aching at night. Before long, you can hardly move, which is a lot more likely to happen with:

#### Injury #2: "Tearing" Up Your Shoulder!

With repeated minor strain it doesn't take long before it locks up as tight as the lid on a honey jar. Your shoulder won't budge without sending you through the roof—so you:

- **Can't SLEEP** on your favorite side
- **Can't REACH** for the wallet in your back pocket
- **Can't COMB** your hair or scratch the back of your neck
- **Can't LIFT** a plate off a high shelf in the cupboard
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- **NERVE: highly effective nerve release** so you get well faster and stay that way. We even show you how to take care of yourself better at home.
- **REHAB of spine and muscle** to help restore old injuries...so you don't fall back into old patterns right away—AND you can take better care of yourself at home.

### Don't Get Half-Fixed!

Most injuries involve more than one problem; not just a muscle, not just the spine and not just a tendon. So...trying to get you fixed up with only one technique is like a puzzle with one piece missing—it's NEVER right! The worst thing is to cover it up, feel a little better, then end up with the same problem a month later! That's why **Progressive Rehab®** is so important. No pills, shots or muscle relaxants will free up the spine, or re-balance injured muscles, or show you what to stretch. But it's all done at **HealthSource®**, which brings up what many folks consider the WORST injury of all:

#### The #1 Injury: "Doc, I Think My Hand is DEAD!"

You guessed it—Carpal Tunnel Syndrome is considered by many to be the worst injury—because surgery is almost always what the doctor wants to do. It comes from trimming the hedge, gripping a golf club or writing out thank-you cards from the wedding. It can really ruin your fun! The good news is they're often easier to fix than most people realize.

### Why A "Brace" Will NEVER Fix Your Wrist!

You don't have to be a rocket scientist to make sense of this. Just think...if your wrist is getting locked up and the muscles are stiffening around the nerve, will a brace—that keeps it from mov-

ing—get it freed up and flexible again? No way! The only good thing about a brace is it keeps you from scrunching up your wrist at night in a bad position.

### Why Injuries Are NOT YOUR FAULT!

Look, it's bad enough you're in pain because of an injury. So don't make it worse by trying to "get by" when you're suffering every day! It was an accident! Don't blame yourself. Just get the right help if you're hurt. Besides...

### Waiting to Get Help Can Spell Disaster!

If you've been injured, don't wait to get help—don't go down with the ship! Call **HealthSource®** today so you don't get worse. Don't keep "toughing" it out! Can you imagine how you'd feel without PAIN every day—where everything is a struggle! What a RELIEF!!

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Publisher, Connie Poirier

General Manager, Rick Hensley

### EDITORIAL

Managing Editor, Becky Walker  
Burluson Editor, Melissa Rawlins  
Editorial Coordinator, Sandra Strong  
Editorial Assistant, Beverly Shay  
Writers, Scott Brown . Erin McEndree  
Carolyn Wills  
Editors/Proofreaders, Pat Anthony  
Pamela Parisi

### GRAPHICS AND DESIGN

Creative Director, Chris McCalla  
Artists, Julie Carpenter . Martha Macias  
Connie VanderBeek . Allee Brand  
Marshall Hinsley . Arlene Honza  
Brande Morgan

### PHOTOGRAPHY

Photography Director, Jill Rose  
Photographers, Vanessa Polozola  
SRC Photography . Jenn Thomson

### ADVERTISING

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## On The Cover



Michael Guthrie teaches his son and honors his dad as an active member of the Military Vehicle Preservation Association.

Photo by SRC Photography.

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## Editor's Note

*Hello, Friends!*

Every year at this time, Americans celebrate the Fourth of July. Parades, fireworks, music and family reunions abound! Growing up with an Air Force Colonel, I learned to stand and salute the flag, while belting out patriotic songs. Only now, though, in my middle age, am I understanding what this is really all about.

This month is the anniversary of a gathering of 56 revolutionary thinkers who had the courage to sign a document stating they would be independent of what they perceived as oppression by the British nation. Freedom from oppression underscores the joy in our Fourth of July celebrations. How we each imitate our founding fathers is our unique journey, and I am proud to be able to tell the stories of people inspired to fight for their own liberties and live according to every accompanying right, privilege and duty.

Happy Month of Independence!

### Melissa

Melissa Rawlins  
BurlisonNOW Editor  
melissa.nowmag@sbcglobal.net  
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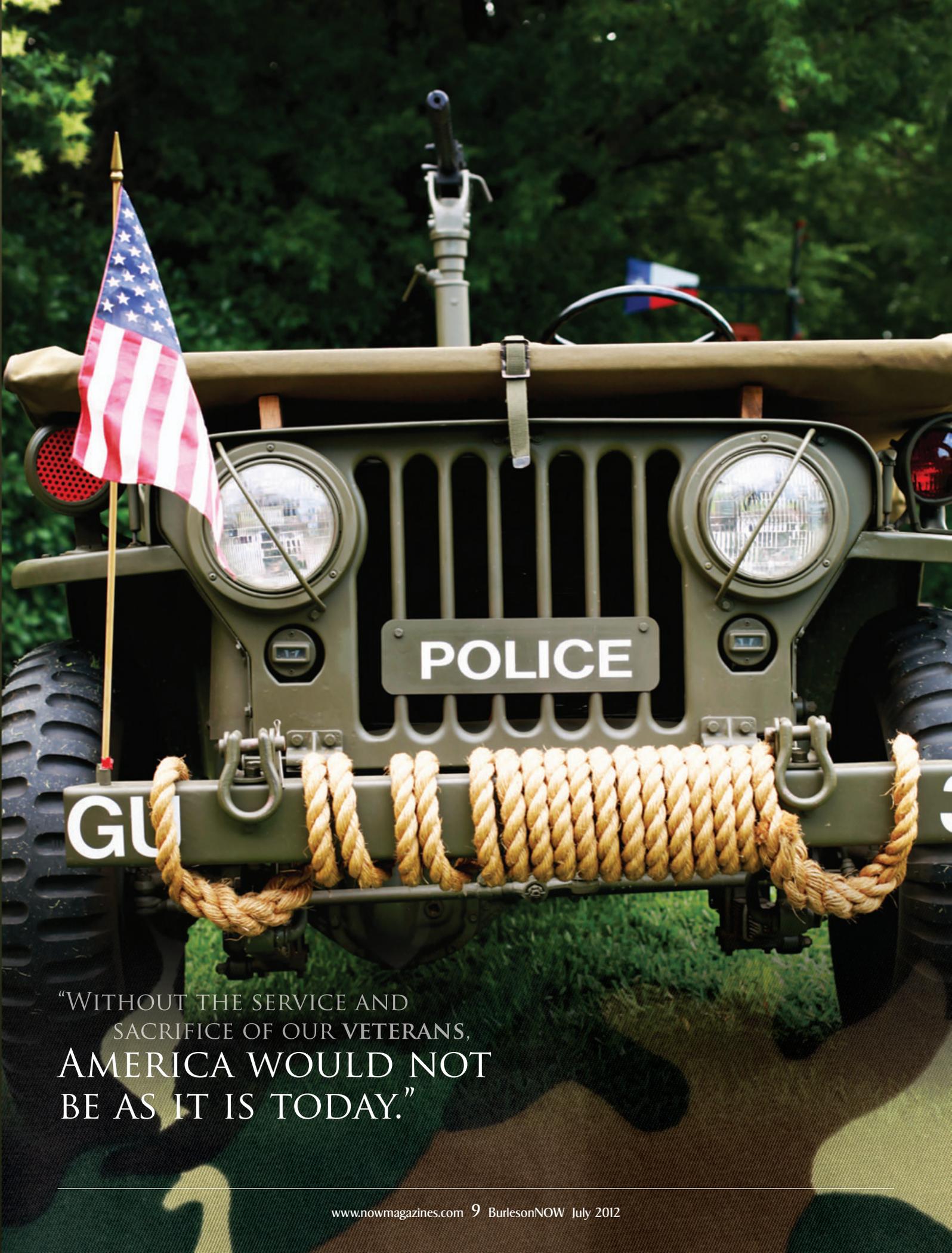
— By Carolyn Wills

*When Michael Brian Guthrie is asked to talk about himself, chances are, his answer will be brief. Ask him, though, about his family or our country's veterans and be prepared to listen, learn and appreciate those who live with purpose. He will proudly share about his 13-year-old son, James, and his recent induction into the National Junior Honor Society. He will talk about his wife, Melissa, and their 15th wedding anniversary to be celebrated this October. He will remember growing up in Burleson with his brother and sister and how their mother worked full time to care for them and foster children, and how his father, Mike Guthrie, is a Vietnam veteran with a Purple Heart.*



“My dad was in the military before I was born,” Michael Brian said. “He was drafted by the Army and sent to Vietnam where he was wounded.” Thankfully, his father recovered. “He didn’t bring home a lot of memorabilia. I remember some sleeping bags because, like most kids, we always played Army, and there are a couple of citations on the wall. My dad didn’t, and still doesn’t, talk much about his time in the military or Vietnam.”

Michael Brian graduated from Burleson High School and studied at Tarrant County Community College and Hill College before seeking a career in law enforcement. He graduated from Texas A&M Police Academy and has been a public servant for 23 years. He worked in the Tarrant County Sheriff’s Office for 17 years, including five years in the auto theft task force where his duties included serving as a detective, as well as a public information officer. He became interested in



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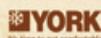
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civil law, and six years ago, he transferred to his current position of Tarrant County Deputy Constable.

Between when he married and when his son was born, and in a decision that would affect his family in ways he could not know at the time, Michael Brian joined the North Central Texas area chapter of the Military Vehicle Preservation Association (MVPA). "I didn't own a vehicle at the time," he said. The Arrowhead MVPA Chapter honors veterans through vehicle restorations, displays and memorabilia.

"It isn't necessary to own a military vehicle to belong," he said. "I've been a member for over 13 years. Members tend to be veterans, relatives of veterans, re-enactors and historians. At first, I would ride in parades with other members and get my dad to ride, too."

The Military Vehicle Preservation Association has existed since 1976 as an international nonprofit organization for military vehicle enthusiasts, historians, preservationists and collectors. Today, the organization is a source and network for an estimated 8,000 people interested in the acquisition, restoration, preservation, safe operation and public education of historic military transport.

"Veterans are the purpose of our club," Michael Brian said. "I joined to honor my dad and all veterans, and this experience has opened so many doors. One year, a member of the Tuskegee Airmen rode in my vehicle in the Fort Worth Veterans Parade. That's living history! As time goes by and we lose

more World War II and Korean War veterans, it's crucial not only to honor them but to hear their stories so we can avoid repeating mistakes."

Michael Brian has been president of the Arrowhead Chapter since 2004 and, to date, he has owned and restored three vehicles. "I started with a 1970 M274 A5 Military Mule," he smiled. "I totally restored it, but when a lot of older veterans weren't identifying with it because it was made in 1970, I decided to sell it. The restoration was so complete that it is now in a museum in Japan."

Seven years ago, Michael Brian found a 1952 M38 Army Jeep with a 1952 M100 trailer that was used in the Korean War. "I bought them as a pair. With a friend's help, we took the Jeep all the way down to the frame and rebuilt it. The 1952 Jeep is the last flat-fender model made, and it is also the type of Jeep that was used in World War II. I drive it in five

"THE BEST WAY TO  
THANK VETERANS  
IS BY SHOWING  
APPRECIATION AND  
BEING INTERESTED IN  
THEIR STORIES OR  
SIMPLY RESPECTING  
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REMAIN SILENT."

or six parades and shows a year with my wife and son. James has seen firsthand what it can mean to a veteran. He's seen the glowing expression when someone recognizes the Jeep as the one he or she drove in the war. He sees how it opens a dialog and encourages a veteran to tell his story," he said.

Recently, he purchased another vehicle. "It's a 1944 Cushman Airborne Scooter," he grinned. "On D-day, these scooters were dropped from a plane on a parachute and, as soldiers parachuted and landed, they would have transportation. There were probably fewer than 2,500 ever made, and now, fewer than 100 are left in existence."

Michael Brian doesn't wear a uniform or an insignia. "I didn't serve in the military," he said. "I don't mind re-enactors doing it though. A lot of people

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in our club are re-enactors, and they make our vehicles look so much better.”

In addition to the Burlleson Lions Club 4th of July Parade, Arrowhead Club members participate in parades and shows all over the Metroplex. “Fort Worth’s Veteran’s Day Parade is huge,” Michael Brian said. “We’re also really proud of what Burlleson has done. I couldn’t be happier than to live in a community that cares about veterans. We’re always invited when there is a function at Veteran’s Park.”

Following Burlleson’s 4th of July Parade, all of the veterans — especially those with Purple Hearts — and club members are invited to a backyard lunch at Michael Brian’s home. “We live close to the parade route, and by lunchtime, our



whole street will be nothing but military vehicles,” he said. “The best way to thank veterans is by showing appreciation and being interested in their stories or simply respecting their choice to remain silent.”

Every morning, Michael Brian prays for four things: strength, wisdom, knowledge and patience. “I’m blessed to have my parents, wife and son and to live in our great country. Without the service and sacrifice of our veterans, America would not be as it is today,” he stated.

When asked to speak about the purpose of the Arrowhead Club or approached by someone wanting to know how best to support our veterans, Michael Brian is quick to answer, “Start with your personal thank you. When you see a veteran, walk up to him or her and say, ‘Thank you for your service to our country.’ Let a veteran know that you appreciate what he or she has done to protect our freedoms. Understand that without those who serve in the military, we would not be enjoying the many great blessings of living in America.” **NOW**



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# Slice of Paradise

— By Erin McEndree

*Dale and DiAnn Robertson own a little piece of heaven, from which they now enjoy the tranquility of their outdoor space created by the sound of running water, landscapes bursting with color and butterflies. “We call it our little paradise,” DiAnn said. “We try to improve something on our property every year.”*

Last spring, Dale, with the help of his three sons-in-law, built a cabana beside the pool. “We thought it was a nice way to provide conveniences for our family and friends,” DiAnn said. A 5-foot, red, green and yellow metal rooster stands by the cabana and seems to keep watch over the pool.

Dale and DiAnn combined their families in 1998 when they married. DiAnn has three daughters and Dale has

three sons and a daughter. They have 19 grandchildren, altogether, who love to swim and slide in the pool, which has a beach-front entry that is great for the smaller children.

Flowering plants surround the pool area and exterior of the house. All the lively colors give the home a tropical feel. Texas sage blooms by the front door. Butterflies thrive in the rose bushes, and the kids enjoy chasing them. Dale caught the first glimpse this season of his little green friend resting on a plant. “This frog comes back every year,” Dale excitedly remarked.

The family enjoys relaxing together most weekends. They take a break from their busy lives under the grass-hut roof of the outdoor kitchen. It’s a perfect place to grill for the whole family. “We probably grill outside half the time and especially on weekends,” DiAnn said. If they are not cooking or swimming, they are relaxing on the red-striped seats under the extra-large red umbrella or playing with the kids in the sand at the





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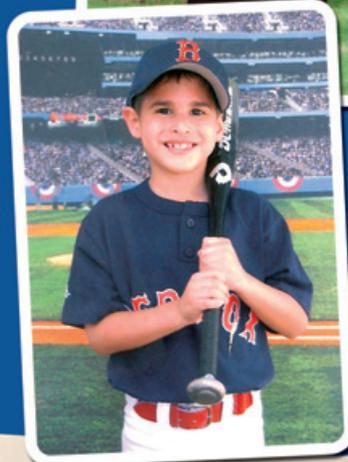
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volleyball court. Beyond the volleyball court are about three acres of dense oak trees. “The whole property was thick with trees before we started building,” Dale said. “The grandchildren ride 4-wheelers and Gators on the trails.”

Dale has a couple of antique vehicles — a 1956 white T-Bird and a 1976 Ford van — which he loves to show. In fact, he has trophies for each. He stores his autos in the side garage that doubles as a game room. The floor is black and white tile, and antique arcade games line the walls. During the holidays, the cars are moved

out and the garage is transformed into a casual party room filled with tables and chairs, seating up to 40 people.

Dale and DiAnn’s favorite space is the outdoor living area. Two large leather recliners face a big screen TV under an immense overhang. “It is the most relaxing space,” DiAnn said. “You can hear the water in the background. We can sit here in summer and winter.”

When it is too hot or the weather is bad, the family retreats to the house. A large star is inlaid in the foyer’s wood floor. The floor throughout the house

is distressed, hand-scraped wood. “It is really easy to keep clean,” DiAnn said. From floor to ceiling, this house has eye-catching architectural elements. Every room has a different type of ceiling, including dome, tray and coffered. “Carrie Burgess, the designer, was great and had so many excellent ideas throughout the whole building process,” DiAnn stated. “My daughters helped decorate the house, too. They love their



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pink 'foo-foo' bathroom." The shower curtain has elegant evening dresses on it, and the girls added high heel shoes and feather boas for pizzazz.

Eye-catching details are all over the house. "The tile behind the stove is a 5-foot long by 3-foot tall masterpiece of different shades of beige inlaid with strips of pewter," DiAnn said. Red accents dot the kitchen's granite countertops. Contrasting black accents emphasize the couple's master bedroom and bath. Black curtains with gold beads complement the bedspread and fixtures in the bathroom. Most master suites have double sinks, but this one is impressive for its double shower behind a wall of glass.

Since 2007, Dale and DiAnn have been blessed by their daughters, who are supervising their daycare business. "We had had a really hard year, with work and deaths in the family, so we started taking two or three trips a year to places like Ruidoso, New Mexico; Branson, Missouri; or Red River, New Mexico," Dale said. The couple now travels in style in their Winnebago, which has its own garage, an electric fireplace, two bathrooms and two big screen TVs. "We collect a shot glass from every place we travel and put them on a shelf in the family room," Dale said.

The family game room contains a full bar and big screen TV surrounded by Texas Rangers and Dallas Cowboys memorabilia. Wall-to-wall collectibles fill display cases. The pool table sits on a Texas Rangers rug, while media chairs sit on a Dallas Cowboys rug. The adjoining bathroom has a red, white and blue Rangers motif. "During football season, I change the bathroom decorations to the Cowboys," DiAnn admitted with a smile.



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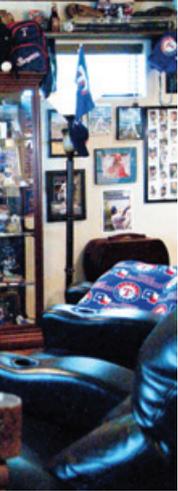


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“It’s like a man cave, but everyone hangs out here,” Dale said. “I shop wisely and buy Rangers and Cowboys stuff while I’m out of state. It’s much cheaper then.”

DiAnn’s collectibles have their own space, too. Barbie dolls and *I Love Lucy* dolls line the walls of an extra bedroom she calls the doll room. DiAnn’s dad made glass



cases for some of the dolls. The entire collection of Holiday Barbie’s, from 1987 to 2000, are in boxes that have never been opened. In the middle of the room sits a 1936 baby grand piano.

Another bedroom holds family heirlooms from DiAnn and Dale’s parents and grandparents. Baby clothes, birth certificates and other precious items are framed for display. A clock hanging on the wall with the name, Regulators, engraved on the glass “came from Tennessee in a covered wagon,” Dale explained, while pointing out that a 3-foot, framed tapestry came from far away, too. “My dad brought it back from Germany during WWII.”

The Robertsons’ house sees a lot of traffic. “The house has a curve shape,” DiAnn said. “I intended it that way so we can live in one area and the other areas, like my doll room, can be kept pristine.” A little grey Peekapoo named Punkin follows DiAnn wherever she goes.

This slice of paradise seems like a tropical island far removed from the wind, dust and temperatures of Texas. It’s a welcoming retreat for the whole family. Dale and DiAnn love sharing their home and watching their plants and family grow around it. **NOW**

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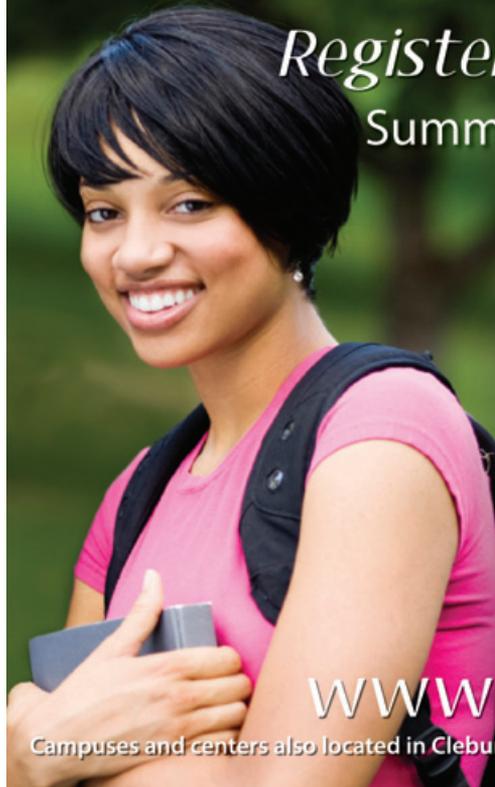
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# Lifting Weights

— By Erin McEndree

*Helping others is Brian Dobson's passion in life. Whether he's training someone for a weightlifting competition or giving food to needy families, his mission is to help people achieve their goals. He uses his hardcore training techniques to build and create champions. He also uses his passion for hunting to help feed people in his community who are struggling with life's heavy load.*

As a teen, Brian played all the sports, but competing in weightlifting was not offered. "I lifted weights to get stronger for football, but my interest in lifting started when a friend, who was smaller than me, beat me," Brian said. He started serious training, and by the time he was 17, he could lift 400 pounds. He received third



place in his first weightlifting competition and realized he loved to compete. He won several teen division competitions and met the king of hardcore training, Tom Platz. He was a remarkable body builder of unparalleled size. "He had crazy

legs,” Brian said. “He planted a seed in me for lifting.”

Hardcore training is unique because the methods are not seen in traditional gyms. Brian’s regimen includes: flipping huge tires, swinging sledge hammers, lifting 100-300 pound rocks, lifting hex bars that hold up to 1,000 pounds,



**“It’s really when I became faithful to God that things started happening.”**

flexing dumbbells over 200 pounds and pulling heavy sleds in the parking lot. The intense routine Brian uses creates terrific strength and muscle that stands out in competition.

“Power lifting appealed to me the most,” Brian said. “The rules are clear cut. You either lift it or you don’t. Body building focuses more on the shape, symmetry and definition of your physique.” Brian won the Texas Strongest Man contest in 1998 and three years in a row, 2008-2010, he set the deadlift world record in the over-40 Masters Class. He also holds state, national and world titles.

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Keeping focused became difficult. “I got sidetracked,” Brian admitted. “I got into the night club scene for about 10 years and all that goes with it. I eventually lost everything and had to start over.” His life began to change when he got married to Brandi and started listening to God. “I set out to be faithful with the talents



and gifts God gave me,” Brian said. “It’s really when I became faithful to God that things started happening.”

Brian bought Metroflex Gym and began training men and women with intense hardcore workouts. “I created a body-building team, and we started winning shows,” Brian said. “There is real camaraderie among the team. We are like a big family.”

One individual Brian trained became a champion in just one year. His name is Ronnie Coleman. “Ronnie was a natural. When we worked out, we tried to kill each other,” Brian teased. “Ronnie still trains with me, but only when he’s in town.” Ronnie is widely known for winning Mr. Olympia, the most prestigious body-building title, eight years in a row. Brian’s knowledge of training and nutrition led Ronnie to win the Arnold Schwarzenegger Classic, as well as other titles around the world. Brian also organized the Ronnie Coleman



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A 16-year-old named Branch Warren sought out Brian. His goal was to become like Ronnie. Brian began training Branch and watched his physique double and triple during their rigorous workouts. True to Brian's mission, Branch achieved second place in the Arnold Schwarzenegger Classic in 2006, Most Muscular in 2009 and first in the Arnold Classic in 2011 and 2012. Arnold himself presented the award. "Branch still comes in to train five times per week," Brian said. "And we try to kill each other, too."

Brian still trains and competes. With over 50 titles under his belt, he said, "I give all glory and credit for anything positive I've accomplished to my savior, Jesus Christ, and to my loving wife, Brandi. She is a huge support to me." Brandi also competed in body building and figure competitions, and Brian was her coach. She is a record holder in deadlift, as well. The couple has three kids, Brandon Ray, 30; Dani, 20; and Cassadie, 17, who also lifts and hunts with her dad.

Early in his newfound career, Brian knew he didn't want to loose focus again. "I realized I needed something to do besides train to keep myself out of trouble," he said. "So, two or three times



a month, I hunt with my dogs." Brian has three dogs — Rufus, Jackson and Sadie — that he trained to hunt wild boars. The strike dog corners the hog, but the catch dog has the greatest risk: he subdues the pig. "Some pigs have big tusks that slice, so we stay close to help the dogs, if we

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need to. It's cool to see your dogs work and learn from each other," Brian said. "I hunt for people who need to cull their deer population or who need to remove destructive pigs from their property."

The meat is donated to a ministry at Open Door Church in Joshua, where Brian attends. "People drive through the parking lot and receive food and other staples," Brian explained. "My church does so much outreach. People line up



for more than a mile to drive through the parking lot. Members from church pray with the recipients at the last stop."

"My biggest struggle while I trained was church events," Brian said, "because they always have food. It wasn't the right kind of food I needed to eat." When Brian needs to add weight, he packs 5,000 calories a day into his diet. He eats high protein, low fat and moderate carbohydrates. "I drop to 3,000 calories when cutting. Anyone who follows that [diet] will get leaner," Brian said.

Brian's personal outreach began almost six years ago, while setting up for a Strong Man competition in Fort Worth. "The Spirit spoke to me about the amount of homeless in the area, and I knew I had to do something to help. While we did the contest inside, we cooked venison, chili and fixins and gave that away, along with rain gear and warm clothes," Brian said. He now operates a monthly outreach that feeds almost 600 and includes a church service with a band.

The future is bright for Brian. He will continue to train the next generation of weight lifters using his hard core methods. He competes when he can, and never stops helping families through the ministry. Brian has trained over 100 body-building, power-lifting, strongman and football champions. "I'm just an old redneck hunter," he said, "anointed by God to find, build and create champions." **NOW**

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# reading made fun

— By Melissa Rawlins



*For Gwen Hopper, director of the Crowley Public Library, purple hair and reading go hand in hand. At least they did when her own granddaughter challenged Gwen to dye her silver hair purple in support of Crowley football. Always up for a challenge, this mother of two mature professionals quickly accepted Brittanie's dare to wear purple hair all day long at work and then to the Friday night game. Gwen added one condition: that Brittanie and her friends in the school band would all come down to the Crowley Public Library. Since then, teens from Crowley High School still visit the library, where they either chat with Gwen and the staff, play Xbox or Wii, get help with homework, find guidance on special research projects or check out good books to read during the summer.*

Although Gwen's purple hair has faded, she remains a sports fan. She has attended the high school football and basketball games since moving from Dallas to Crowley in 1998 to care for her grandchild, who had lost part of his kidney. She became library director in 2000, after volunteering for a short while. "People would say sports and the library don't mix, and I



am a living testimony that they do,” Gwen said. “I try to get out in the community in other ways, so people say, ‘Oh yeah, that’s Miss Gwen! Let’s go see her at the library!’”

Crowley Public Library employees visit schools, put on movies at Bicentennial Park and participate in all four special events the city of Crowley organizes each year. During this month’s Celebration of Freedom, the library staff will distribute the flags people wave during the parade and, later, will host the Veteran’s Luncheon on July 9. “I like that the people see the library staff out and about town at different activities,” Gwen said. “That makes them say, ‘The library must be an OK place.’”

This summer over 1,700 children, teens and adults are visiting the Crowley Public Library to read together, enjoy motivational entertainment and check out books for reading at home as part of the Crowley Summer Reading Program. The library’s pet project, directed by Gwen and sponsored by local businesses, helps the city of Crowley reach out to families, encouraging people of all ages to develop their reading skills. Gwen especially seeks to help local children.



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"The teachers get them going during the school year," Gwen explained, "but if they don't read during the summer, they fall back." On Wednesdays and Saturdays, participants come to the library to log the number of hours they have read at home and collect rewards once they've read a certain number of hours. With help from different companies who donate to the library in support of this program, Gwen's staff buys prizes from Walmart and elsewhere. "If you knew you were going to get to go to the water park if you read for 25 hours, that would entice you to read," Gwen said with a grin. "So would the knowledge that you'd get to go to the Texas Rangers baseball game!"

The library staff, including eight senior citizens who volunteer, started booking the Wednesday entertainment for this year's program in January. During May, they decorated the walls of the room in the theme "Get a Clue." Beginning in June, storytellers and other performers began squeezing in amongst 500 children every week.

Such weekly excitement encourages every child in Crowley toward their goal of reading more books throughout the week. Gwen is always right there with them, setting the bar. "I read in the evening or, if I'm not working, I read in the daytime," Gwen said. She prefers historical fiction and Christian fiction. "When I travel now, I download all my books on my iPad. Instead of taking 10 books with me, I'll download them and read them as an eBook." Gwen always has an audio book in her car, which she listens to instead of the radio. "Even when you get older, reading keeps your mind active. You're never

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too old to learn.?”

If an author has written four books in a series, Gwen will check out all four books, because she wants to read them in order, back-to-back. She and her oldest grandson, a member of the United States Rangers Special Forces, who lives with his children in Kentucky, have both read a book called *American Sniper*. “I love to get with my grandchildren,” Gwen said. “I challenge them and myself to read and discuss a book, because when you’re older, you have a different point of view than the younger people.” Lately, Gwen has been reading about the Vietnam War. “I remember Vietnam and how the soldiers came back and weren’t treated well, so I’m going back and reviewing that time in history.”

Meanwhile, she and the library staff are creating history for youth throughout Crowley. The carnival they will host in August celebrates the hours of reading each child enjoyed during the summer. Bicentennial Park will brim with children and parents, water slides, a wienie roast and lots of loving recognition for reading achievement. Gwen leads the amusements every year. She will pick a child out of the crowd, and together they will go down the toughest water slide. “I will be the one with the water guns, squirting you! I will be the one saying, ‘Come on, this is fun!’ There will be no child standing on the



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“How can I create interest  
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*Becky Simms*

Simply stated, every room in your home needs some sort of fabulous design focal point! And, if your room is lacking a focal point — then one of your first design steps should be to create one. Oftentimes, rooms do include some feature or



In this living room the grand picture above the sofa and the flower arrangement in the window area are great focal points.

furnishing that makes a natural focal point. The table or buffet in the dining room or the bed in a bedroom is usually the most noticeable feature and the logical candidate for being emphasized. But something “different” in the way of decorating is one of today’s status symbols and the result is an “anything goes” attitude toward emphasis. Huge paintings, supersized graphics of all sorts and sizeable pieces of sculpture are high on the status list at the moment, and can be used as focal points themselves or to add to the excitement of an emphasized area. Conversation areas, designed with avant garde furniture and made of innovative materials, are sure to be scene-stealers. A dramatic area rug is one way of setting off or highlighting any specific part of a room. Thanks for asking!



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sidelines,” Gwen warned.

The same attitude fortifies every program presented at the library all year long. At Christmas, they decorate shelves and doorways and walls in a Christmas theme, and the staff operates a train carrying a ho-ho-hoing Santa to get children excited. The library offers eBooks, audio books, and, for children under 5, TumbleBooks, a program where they can go online and listen to a story. Another way the library reaches out is through their subscription service for students all the way through freshman year in college. Members of the Crowley Library can visit Tutor.com and a professional teacher will help them with homework.

The library has a very active Facebook account. “You want to know what’s going on in the city of Crowley? Become a friend of the Crowley Library,” Gwen said. “We may be a little library, but we’re progressive. We’re looking to the future by getting to know the people who live in Crowley.”

Gwen’s outreach is 24/7, including Sundays. As an active member of Harvest Assembly of God Church, she teaches the 4- and 5-year-olds. Get to know Gwen, and you can keep up with her family, too. Like Codie, her grandson who lost half his kidney. He has grown up, lives on 17 acres in Arkansas and has given Gwen a great-grandchild. Now, she has another reading partner! **NOW**

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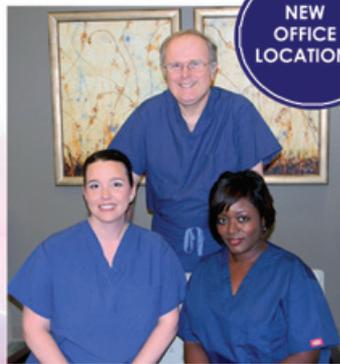
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Dr. Brian Le and his associate dentist, Donghong Sin, tend to Burleson families' teeth with help from dental assistants, Lorena Miramontes and Marsha Villanueva.

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— By *Melissa Rawlins*

Got cavities? Broken teeth? A mouth full of color? Crystal Dental will address these issues even if you are low on cash. Dr. Brian Le opened his office in 2007 to serve the entire community around Burleson, Joshua and Crowley.

Dr. Le understands hard times. "Since our family migrated from Vietnam to Texas, we knew this was the place we'd stay forever. This country has given me opportunities to be who I am today. I want to give back to help the underserved communities as much as I can," Dr. Le said. His parents tailored clothing in Arlington, saving money to send him to college. With their sacrifices, Dr. Le achieved his Doctor of Dental Surgery degree from Baylor College of Dentistry in Dallas in 2003.

After all his hard work, Dr. Le opened the first Crystal

Dental in Mansfield in 2005. "Now, we are in Burleson to help the underserved families who used to drive to our location in Mansfield," said Dr. Le, who carefully selected his friendly staff from the local area. "We want to understand our patients' needs, what problems they have and address them, making sure they know what their problem is and what they need to get done."

This summer, Dr. Le expects to treat many teeth broken accidentally during children's play. Teeth can be fixed if the child is brought into the office fairly quickly. "In case the tooth falls out completely, put it immediately into a little cup with some milk. The milk keeps the tooth alive for 24 hours while you wait for an appointment with the dentist," Dr. Le said. "If the tooth doesn't fall out, but just breaks, they don't need the other part of

the tooth. They need to just come to us as soon as possible to fix it.”

When patients need cavities filled, they can rest assured that Dr. Le and his associate dentist, Dr. Donghong Sin, will check their mouths, fill their cavities and, if needed, recommend teeth whitening. “Most people do not want their teeth to be any color other than white,” Dr. Le said, explaining that teeth can have a dark brown or yellow or even bluish color resulting from intrinsic stains, smoking, poor oral hygiene or certain foods.

Crystal Dental’s whitening process brings out each tooth’s natural color through either a one-time procedure in the office or an at-home process that takes a couple weeks. And to keep things white, cavities will be filled with white composite fillings. “We don’t like that silver color in the patient’s mouth,” Dr. Le said. “Technology has changed. Silver and composite both last the same length of time, now, and the composite looks better.”

**“In case the tooth falls out completely, put it immediately into a little cup with some milk. The milk keeps the tooth alive for 24 hours.”**

High technology goes a long way toward helping Dr. Le protect his patients and control his expenses. Digital X-ray reduces radiation exposure to patients. The paperless office tracks patient records via computer. Their Web site helps patients understand their services, office staff and doctors, as well as all their promotions.

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# What Is Your Plan?

— By *Scott Brown*

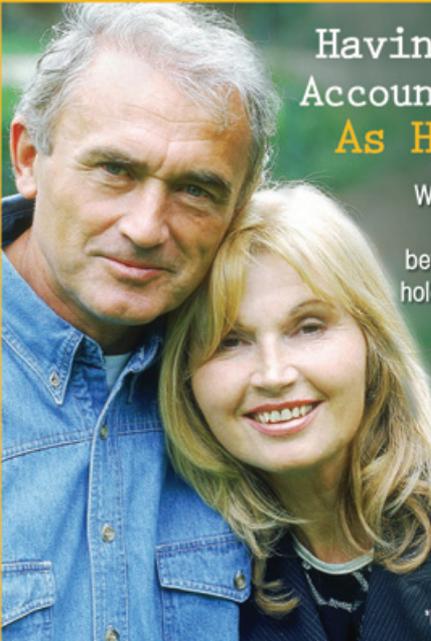
Imagine a person in an unfamiliar place who decides to hop in a car and just start driving for hours without the use of a map or GPS device. Before they leave on their journey, they don't check to see if the car is in working condition or see if there is any fuel in the tank. In other words, they don't know where they are going; they don't know if the transportation they are in will get them there; and they won't know when they've arrived.

Far too many investors follow the same unfortunate approach as the bewildered navigator above. They make an investment in a company they know little about, their only goal being a nebulous, "I want to make money," and

they have no plan on what to do once they get there.

There are many ways to make money in investing. A good place to start would be to identify which method you as an investor will be pursuing as you look for companies or strategies that fit that objective. For example, some investors invest solely for income. They want their deployed money to pay them back in regular installments. This frequently means they will look for dividend-paying equities or bonds. Companies that pay dividends will usually cut those checks on a monthly or quarterly basis, and while the payment of a dividend can vary and is not guaranteed, many companies try to maintain a relatively





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When it comes to the number of retirement accounts you have, the saying "more is better" is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you're properly diversified.\* At the very least, multiple accounts usually mean multiple fees.

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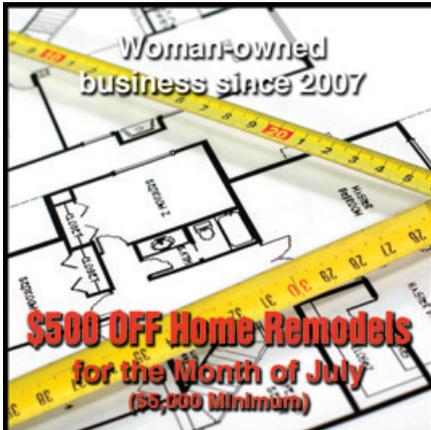
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stable dividend policy to give investors reason to hold the shares. Bonds, on the other hand, are investor loans made to an entity that the entity is legally bound to pay back. A bond investor expects to receive regular interest payments during the term of the loan and get their principal back at the end of the term. During the loan term, bonds will usually pay interest twice a year.

Contrast income investing with investing for appreciation. When an investment pays only a tiny dividend or no dividend at all, most investors buy that company with the hope of being able to sell it later for a higher price. As a general rule, this type of investing is a lot more speculative than income

*There are many ways to make money in investing.*

investing, because there may be no way for the investor to recover any of their original principal aside from selling the investment, even if they hold it for an extended period of time. However, if the company does execute well, there is generally more opportunity for growth of original investment than there would be in an income opportunity. It is particularly important to know up front what would be the triggering event that would cause you to sell this type of investment and how you will execute that transaction.

Identifying what you are trying to do should be your first priority. Formulating a plan to accomplish it (and sticking with that plan) is your second. While a person can successfully make money in many types of investing, if one doesn't have a formula in place before they start, they will usually end up like our driver at the beginning of the story. They will wonder what they own, why they own it and what to do with it once they've got it. And that is a plan for losing money. **NOW**

*Scott Brown is a financial advisor based in Joshua.*

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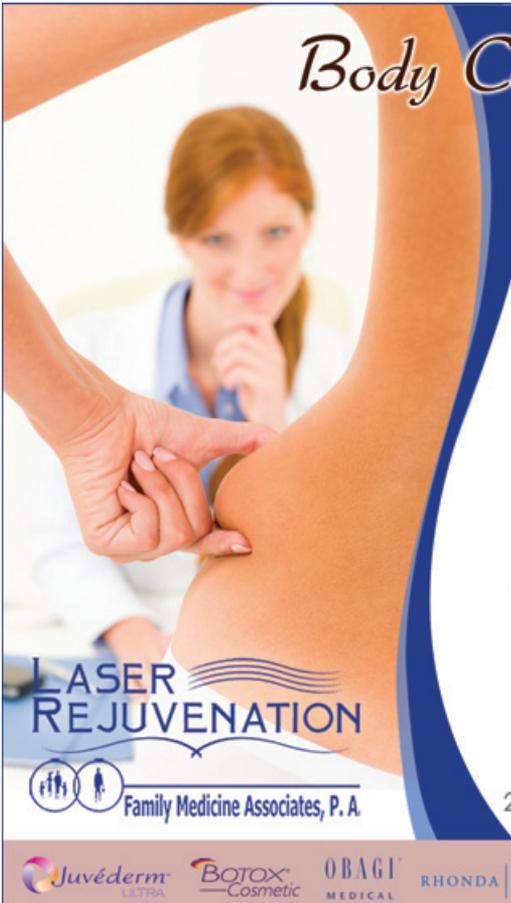
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### July 4

Burleson Lions Club 8th Annual Independence Day Parade: 9:00 a.m., Kerr Middle School along Johnson to Old Town, Burleson. Join the Lions and local businesses in celebrating Burleson's 100-year anniversary of freedom and liberty: honoring our military and heroes in uniform. Visit [www.burlesonlions.org](http://www.burlesonlions.org).

Independence Day Fireworks show: 7:30 p.m., Chisenhall Fields Sports Complex. Before the fireworks, the Hot Sounds of Summer Concert Series' grand finale presents Grammy Award winner Asleep at the Wheel. All you have to bring is your blanket or chair (no coolers allowed). Visit [www.burlesontx.com](http://www.burlesontx.com).

### July 9

City of Crowley Celebration of Freedom: 10:00 a.m., Crowley High School along Main Street to Bicentennial Park. From noon until dusk, activities will be enjoyed at Bicentennial Park, including an All-American Baby Contest, military flyovers and recognition of veterans, a luncheon for active and retired veterans and the

Crowley Idol Competition, ending with a fireworks display at dusk. Be sure to bring your lawn chair! Call (817) 297-2201, ext. 4000.

### July 17

Chisholm Trail 100 Club annual meeting: noon-1:30 p.m., Cleburne Conference Center. Guest speaker: Dr. Gene Howard, a John Wayne impersonator and retired first responder. Open to all active members. The CT100 Club is dedicated to supporting the first responders of Johnson County, Texas. At this meeting the club will discuss achievements in the past year, along with any club growth, as well as elect new board members and a new president. Call Niki Passmore, executive director at (866) 888-3085, ext. 107, or visit [www.ct100.org](http://www.ct100.org).

### July 20

Power of Heels: 11:30 a.m.-1:00 p.m., Hill College @ Burleson. "The Journey of Success Through Education" presented by Dean Nancy Holland. \$20 or \$15 for members of the Burleson Chamber of Commerce. To RSVP, call (817) 295-6121.

### July 27

Summer Reading Club Wrap-up Party: 2:00 p.m., the Burleson Public Library, 248 S.W. Johnson Ave. For every five hours read by participants, a small prize will be awarded. Certificates will be awarded after 20 reading hours are completed. Participants may register and read throughout July. For details, go to [www.burlesontx.com/library](http://www.burlesontx.com/library).

### July 28

Parents Night Out: 5:00-8:00 p.m., Alsbury Baptist Church. An evening of rest, relief and rejuvenation for parents who are caring for special needs children and their siblings ages 6 months-12 years. Reservations are required. Contact Keara Sharman at (817) 881-5028 or [specialneedsministries@alsburybaptist.com](mailto:specialneedsministries@alsburybaptist.com).

*Submissions are welcome and published as space allows. Send your event details to [melissa.nowmag@sbcglobal.net](mailto:melissa.nowmag@sbcglobal.net).*



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## In The Kitchen With Kathy Roden

— By *Melissa Rawlins*

Kathy Roden, who has lived in Northeast and Central Texas all her life, loves always having a pot of tea ready, so she can sip and chat with friends and family, for whom she enjoys cooking. She also cooks for people who are sick, recovering or enduring a family tragedy.

During childhood, her mother and grandmothers encouraged Kathy to help in the kitchen, and she learned that food brings joy. “My mother taught me to cook everything, from the basics to family favorites that have been passed down for generations — even how to decorate my own specialty cakes,” Kathy said. Her children are always amazed at their birthday cakes. Her son’s favorite was an 18-inch, three-dimensional R2D2. Here, Kathy shares recipes for a simple, Mexican dinner. **NOW**

### Hot Poppers

**10 to 12 jalapeños, seeded and cored**  
**1 8-oz. block cream cheese, softened**  
**5 to 6 pieces slightly cooked bacon**

1. Wear gloves while seeding and coring jalapeños.
2. Halve jalapeños; fill with cream cheese; wrap in half a slice of bacon.
3. Grill until bacon is crisp.

### Guacamole

**2 Haas avocados**  
**1 large fresh lime**  
**1 clove garlic, pressed**  
**1/2 tsp. salt**  
**Chopped tomatoes, for garnish**  
**1 fresh jalapeño, chopped (optional)**

1. De-seed avocados, reserving seeds. Mash avocados with two spoons; when broken into a coarse paste, add juice of the lime and

- garlic. Add salt to taste.
2. Mix with a spoon until creamy. Until serving time, place seeds into mixture and cover with clear plastic wrap. Be sure wrap is pressed down until it touches the entire surface of the guacamole. This will keep it from turning brown in color.
3. Before serving, garnish with chopped tomatoes and jalapeños, if you like it hot. Serve with tortilla chips.

### Spanish Rice

**1 stick butter**  
**3/4 cups onion, chopped**  
**1 1/2 cups white rice, uncooked**  
**3 1/4 cups chicken broth, very hot**  
**1 large clove garlic**  
**1/2 cup tomato sauce**  
**2 Tbsp. green chillies, chopped**  
**1 Tbsp. parsley or cilantro, chopped**  
**2 tsp. salt**  
**1 Tbsp. pimento, chopped**  
**1 tsp. black pepper**

1. Melt butter in heavy skillet. Add onion and rice. Brown rice over medium-low heat.
2. Add the remainder of ingredients. Bring to a boil. Cover with a lid. Reduce heat to simmer for 15-20 minutes.
3. Fluff with a fork. You can add another 1/4 cup of broth and cook another 5 minutes, if rice is not done.

### Grilled Mexican Chicken

**4 chicken breasts**  
**1 Tbsp. vegetable oil**  
**1 tsp. salt**  
**1 tsp. pepper**  
**1 cup grated Mexican blend cheese**  
**4 strips cooked, crisp bacon**  
**1 avocado, diced**  
**1 tomato, diced**

1. Heat grill to a medium heat.
2. Rub chicken with oil and generously season with salt and pepper. Cook until juices run clear.
3. Top chicken with cheese. Melt on grill.
4. Garnish with crumbled bacon, avocado and tomatoes.

*Note: If your grill has two racks, grill the Hot Poppers on the top rack and the chicken on the bottom rack, allowing the juices from the peppers to drip onto the chicken for additional seasoning.*

### Three Berry Cobbler

**3 Pillsbury refrigerated pie crusts, at room temperature**  
**1/2 cup flour**  
**1 cup plus 2 Tbsp. granulated sugar (divided use)**  
**2 cups blackberries (fresh or frozen)**  
**2 cups blueberries**  
**1 cup raspberries**  
**3-4 Tbsp. butter**

1. Line a deep-dish CorningWare pan with two of the pie crusts.
2. Combine flour and 1 cup sugar. Gently coat berries with sugar/flour mixture, and then place in prepared dish.
3. Cut butter into chunks and dot top of berry mixture.
4. Cut remaining crust into 1/2-inch strips. Lay vertically and horizontally to create a lattice pattern on top of berry mixture.
5. Sprinkle with 2 Tbsp. sugar. Bake at 375 F for approximately 40 minutes or until crust browns. Serve with ice cream.



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